Flavorful Fruit & Parent Pages



Tips to Enjoy More Fruit

- Let your kids be produce pickers. Help them pick fruits and veggies at the store.
- 2. Offer colorful fruits at meals and snacks. Keep fruit handy for an easy and healthy start on busy mornings.
- 3. Take it with you. Bring apples, bananas, oranges, grapes or dried fruit along for your day.
- 4. Choose fresh, frozen, canned or dried varieties. Buy fruits in season and watch for sales.
- Include fruit and fruit-based recipes for parties and holidays.
- 6. Visit an apple orchard or farm. Pick some fruit to bring home and enjoy.

Today your child learned why it's important to eat colorful fruits each day.

- Fruits are rich in nutrients and fiber and contain natural sugars for energy. They're nature's snack and are good for when you're "on the go."
- Fruits are important for health and should be a regular part of your child's diet.
- They take their lead from you. Eat fruits and veggies and your kids will too!

Serves: 6 (1/2 cup serving)

Banana Berry Breakfast Crumble

Makes: 3 cups

Ingredients

Non-stick cooking spray

2 cups blueberries, fresh or frozen, or other berries

1 ripe banana

3/4 cup quick cooking oats

1 tablespoon cinnamon

1 tablespoon vanilla

4 teaspoons of butter

Fat-free or low-fat (Greek) yogurt

Steps

- 1. Preheat oven to 400°F. Coat the bottom and sides of an 8-inch baking dish with non-stick cooking spray.
- 2. Wash fresh berries or thaw and drain frozen berries.
- 3. Mix the oats and cinnamon.
- 4. **Mix** the berries and vanilla and place in baking dish. Cut banana into small pieces and **add** to the berries.
- 5. **Spoon** the oat mixture evenly over fruit. **Top** with dots of butter and a light spray of cooking spray.
- 6. Bake for 30-40 minutes until the topping is golden brown.
- 7. Serve warm or cold. **Top** with yogurt. **Enjoy!**

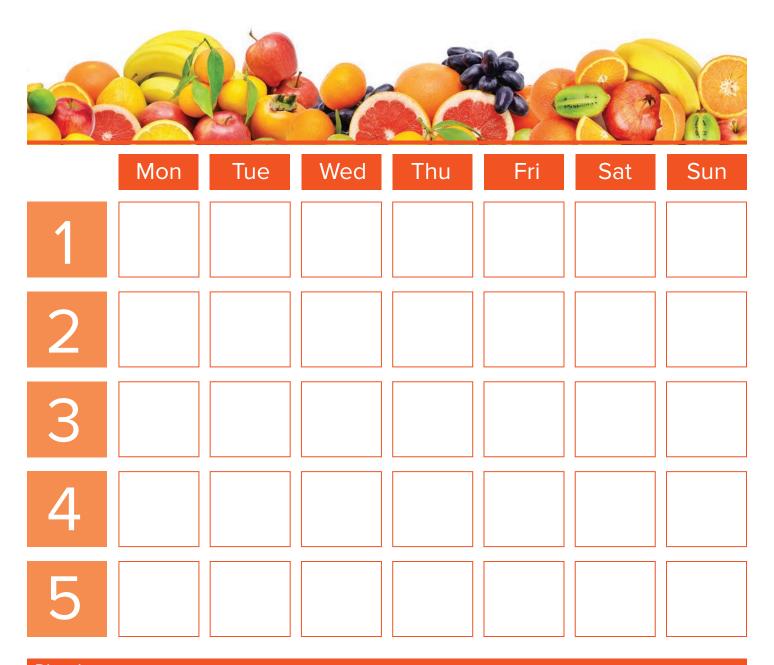
Have your child help you do the bold steps.

Recipe adapted from USDA Food and Nutrition Service/Milk, Yogurt & Cheese Recipes.

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I Enjoyed Fruit This Week!

Colorful Fruits are Good for Me!



Directions

Help your child put a sticker (or draw a smiley face •) in a box each time your child eats a fruit. Remind your child that it's good to eat different colored fruits each day.

Eat Well Play Hard in Child Care Settings

